

June 8, 2005

CHFS FOCUS on Wellness

Today is Wellness Wednesday!

Wellness Wednesday Lunch and Learn: Preventive Health

Today's Lunch and Learn session features invasive cardiologist Dr. Mukul Chandra, assistant professor of medicine at the University of Louisville and member of the Louisville Veterans Hospital staff. Dr. Chandra will speak at noon today in the cafeteria.



Chandra has a versatile background in cardiac surgery and aspects of cardiovascular research. He will lead a session on preventive health measures we can incorporate into our lives to help us stay healthier longer.

Department of Human Support Services Commissioner Marla Montell is a long-time friend of Chandra and said she is delighted he agreed to accept the workplace wellness committee's invitation to lead a Lunch and Learn Session.

"Dr. Chandra is very passionate concerning his work and very patient oriented," Montell said. "For everyone with health questions they may have wanted to ask, this Lunch and Learn session will be the time to ask."

Keep watching Focus on Wellness for more Lunch and Learn announcements. Sessions will be held weekly through June. The focus of next week's session is: "Helping those you love quit smoking – without nagging!"

Get Moving CHFS! Update

By Patricia Boler

Congratulations! Get Moving CHFS! participants have completed the first leg of the most important and challenging race of their lives – the race for a healthy lifestyle.



Many of you may be asking, "What do you mean the **FIRST LEG** of the race is complete?"

This week CHFS passes the baton to you for the remainder of your personal race for wellness and good health. Take it and run!

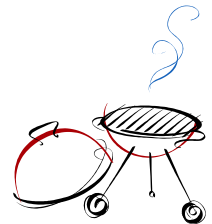
As of today, Get Moving! teams had reported more than 123,590 physical activity miles (PAMs). Most teams have met and surpassed the program goal of 420 miles. Be proud of yourselves! You've been a part of an historic event for CHFS.

Don't forget the Get Moving CHFS! Celebration of Success tomorrow starting at 11 a.m. at the main entrance to the CHR Building. First Lady Glenna Fletcher and Cabinet secretary James W. Holsinger Jr., MD, will host this special event that includes a final group one-mile walk, prize giveaways, awards presentations and a tasty celebration cookout.

For the Week 8 PAM report, view the following file:
<http://chfs.ky.gov/olpa/dc/focus/fw>.

Discount tickets available for Celebration of Success cookout

As part of the Get Moving CHFS! Celebration of Success the Worksite Health and Wellness Committee will host a cookout June 9 on the CHR Building grounds.



Discount tickets for the cookout can be purchased for \$4 from CHR Building cafeteria cashiers or from Joyce Jennings at mail stop 3C-G. The ticket price goes up to \$6 per person the day of the cookout.

When purchasing your cookout tickets, please specify your entrée preference from the following:

- grilled chicken
- turkey dog
- garden burger or
- hamburger

The cookout menu also includes baked beans, cole slaw, fruit and a beverage.

Make your reservation for the cookout today and be sure indicate your entrée preference.

Share your thoughts and ideas: Complete the Get Moving CHFS! participant survey

Get Moving CHFS! participants are asked to take part in a survey that will help evaluate Get Moving CHFS! by identifying strengths and weaknesses in the project and ways to improve future efforts.



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The link below can be used to access the survey site. Once there, click on the "Respond to this Survey" button at the top left of the page. After completing the survey, click on the "Save and Close" button, also at the top left of the page, to record your responses.

The information you provide will assist in development of future programs and initiatives. Your thoughts and ideas are important to CHFS!

Take the survey by visiting the following Web site:
<http://oit.chfsnet.ky.gov/sites/Wellness/Survey/Lists/Get%20Moving%20CHFS%20Survey/overview.aspx>

Get Moving CHFS! The finish line is in sight

Team members are realizing how much better exercising makes them feel - and they aren't planning to quit when the formal program ends.



The Outliers

Team captain David Smith and members Tootie Brown, Carla Mahan and Tena Robbins work with research and financial data in the MHMR Division of Administration and Financial Management.

"Data that don't fit the norm are called 'outliers,'" Smith said. "We thought that was a cool name - and it fit because we all work with numbers and come from different backgrounds."

While all team members walk, they each have other methods for reaching their PAM goals. Brown, the anchor of the team according to Smith, plays volleyball and softball, and volunteers with her local Emergency Services agency. Mahan does aerobics and both she and Robbins do yard work and park farther away from the building to increase their steps.

Smith is helping his 17-year-old son build a grotto out of geodes for his Eagle Scout project. "We have hauled in truckloads of geodes, most the size of bowling balls," Smith said.

The Outliers have walked across Kentucky twice and have a good start on a third trip.

"I've tracked and graphed our numbers," Smith said, "and we're definitely on an upward trend."

Aging in Action

Even before Get Moving CHFS!, three members of this team faithfully walked one to two miles a day, but they had slacked up a bit over the past year, according to team captain Donna Collins.

"Get Moving CHFS! motivated us to resume our walking and remain active," she said. "After all, we are in Aging Services, so we have to keep fit."

Collins walks her dog regularly, while Don Estes, Kathy Casper and Mike Weinrauch get their exercise pursuing other activities. Estes swims and Casper, who has had a kidney transplant and is very physically active and health conscious, lifts weights and does yoga, sit-ups and stretches at home. Weinrauch rides his bike regularly, works out at the gym several times a week and does yard work.

"For us, Get Moving CHFS! has promoted camaraderie and fun," Collins said. "And physical activities bring about positive attitudes for everyone."

Fields' Fillies

The Fields' Fillies team, so named for Undersecretary Mike Fields, is composed of Sandra Brock, captain, and members Fields, Marla Montell and Debbie Yeary.

"We had Jeff Jamar until Dr. Foster stole him away," Brock said. "We were really counting on Jeff to be our team ringer. But we're doing quite well on our own - we've already walked across Kentucky and back again," she said. "Who knew the competition would be so brutal, but it's all been in good fun."

Brock does yard work and frequents a gym to work out on a treadmill and elliptical machine. Fields is always landscaping and doing other home improvements. Montell is into gardening, and Yeary walks.

"I really like that Mike is both competitive and supportive - he's even competitive within our team," Brock said. "It's nice to combine professional and personal interests - and have fun doing it."

"Get Moving CHFS! makes us think about fitting physical activity into each day," she said. "Now, we're looking forward to the nutrition segment."

Booty Busters

Booty Busters team members Becky Conner, Emily Perkins, Tonya Taylor and team captain Taressa Woolums are a competitive bunch, according to Woolums.

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"Our office is very competitive," she said. "When the stats come out each week, we rush over to see how our team is stacking up against other teams. We're even competitive within our own team - if one of us gets a number of PAMs from working out the night before, the rest of want to do better."

Conner walks, does aerobics at the gym and cheers her son's baseball team. Perkins, who recently moved into a new house, walks and spends a lot of time landscaping her new yard. Taylor, who has lost 85 pounds over the past year to surprise her husband upon his return from Iraq, lifts weights, walks and chases her two children, ages 2 and 6. Woolums plays softball and cheers (and paces) at her 13-year-old son's summer league baseball games.

"We feel better, and all of us have lost some weight," Woolums said. "We plan to keep up with our exercising. This is a good program, and we've enjoyed the friendly competition."

Nutrition fuels next phase of health, wellness promotion

As the Get Moving CHFS! physical activity program draws to a close, employees are encouraged to start thinking about and planning for the next component of the ongoing CHFS Worksites Health and Wellness promotion.



Now that we're exercising more and enjoying the benefits of increased physical activity, it's important to examine and, if necessary, modify the type and quantity of fuel we're giving our bodies to keep us moving.

Nutrition is the sister ingredient to physical activity and together, they make up a recipe for a healthy lifestyle that can be maintained throughout life.

The CHFS health and wellness emphasis on nutrition will take the form of the 5 A Day Challenge, co-sponsored by the National Cancer Institute and Produce for Better Health Foundation and the largest national public-private nutrition education program ever launched. The Centers for Disease Control and Prevention also has a role in promoting the program by working with and assisting states with their 5 A Day programs and incorporating 5 A Day programming into its comprehensive nutrition and physical activity grants.

The CHFS 5 A Day Challenge nutrition project officially begins July 5.

At its core, the CHFS 5 A Day Challenge seeks to increase to five or more servings the quantity of fruits and vegetables employees and their families eat each day. In addition, the program offers helpful hints and nutritional information that further support already compelling evidence that eating fruits and vegetables can improve overall health and may reduce the risk of cancer.

Several Kentucky district health departments have sponsored successful 5 A Day Challenge programs, including Northern Kentucky, Central Kentucky, Barren River, Lexington-Fayette County and Purchase. All 55 local health departments in Kentucky have provided community activities centered around 5 A Day for the last two years.

Follow-up surveys were conducted at the conclusion of each challenge to track participants' success. In the Central Kentucky health district, participants reported an increase in consumption of fruits and vegetables from 28 percent before the program to 66 percent two months after completion.

During the course of the CHFS 5 A Day Challenge, participants will be encouraged to increase both their consumption of fruits and vegetables as well as their awareness of the health benefits this single lifestyle change can offer, such as:

- Reduces the risk for cancer, cardiovascular disease, stroke, hypertension, birth defects, Alzheimer's disease, cataracts, diverticulosis, diabetes, chronic obstructive pulmonary disease (COPD) and osteoporosis.
- Helps with weight loss and healthy weight maintenance.
- Increases intake of vitamins, minerals and phytochemicals (plant nutrients that assist in prevention of chronic disease).
- Overall improvement in employee health, leading to fewer sick days and increased productivity.

Recipes, quick dish and meal preparation ideas, tips on what to look for when selecting fresh produce, nutritional values of various fruits and veggies and more information will be offered as part of the education component of the CHFS 5 A Day Challenge.

Keep reading Focus on Wellness for more news on plans for the CHFS 5 A Day Challenge launch and the other health and wellness activities and opportunities being planned for the interim period between Get Moving CHFS! and the 5 A Day Challenge.

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Nutrition and Activity Quiz

Information from the American Cancer Society

American Cancer Society (ACS) offers a simple quiz to determine if you and your loved ones are living smart. Once your quiz is scored, your rating will provide tips to help you live even smarter.



The quiz is available at

http://www.cancer.org/docroot/PED/Ped_3_1x_Nutrition_and_Activity_Quiz.asp?sitearea=PED.

ACS also offers handy calculators to assist with your individual needs and progress as you work toward a healthy lifestyle. While you are completing the Nutrition and Activity Quiz, be sure to take note of the helpful calculators located at the right of the Web page, including:

- **Body Mass Index (BMI) Calculator**
Calculates the number commonly used to judge whether your weight is healthy—or whether extra weight increases your risk for health problems.
- **Daily Calorie Needs**
Calculates the number of calories you should eat each day to maintain your current weight. (Use the average healthy weight recommended for your height if you are overweight and would like to lose a few pounds.)
- **Exercise Counts**
Calculates the calories burned in a workout or daily activity.
- **Target Heart Rate Calculator**
Calculates your target heart rate during exercise.

Here's more helpful news from the American Cancer Society

What is a portion size?

How many times have you answered “yes” to the following question?

“Would you like to super-size your order?”



Still think bigger is better? Not when it comes to your diet. Eating healthy portions of a variety of foods is best.

Say “no” to that double cheeseburger and tub of fries! If you are going to hit the drive-through, choose smaller portions, like the regular cheeseburger or the small order of fries.

If you just can't pass up the “value” of that big meal, share it with a friend or save half for the next day's lunch.

Even in your home it is difficult to determine appropriate portion size. Most of us would choose a larger potato for baking rather than a smaller one, and shop for a larger steak at the best price.

The American Cancer Society suggests trying to picture the proper serving size when preparing, serving and partaking in your daily meals.

The following comparisons from the American Cancer Society may help you choose the proper servings for your next meal.

- 1 oz. meat: size of a matchbox
- 3 oz. meat: size of a deck of cards or bar of soap—the recommended portion for a meal
- 8 oz. meat: size of a thin paperback book
- 3 oz. fish: size of a checkbook
- 1 oz. cheese: size of 4 dice
- Medium potato: size of a computer mouse
- 2 Tbs. peanut butter: size of a ping pong ball
- 1 cup pasta: size of a tennis ball
- average bagel: size of a hockey puck.
- medium apple or orange: the size of a tennis ball
- 1 cup chopped raw vegetables or fruit: baseball size
- 1/4 cup dried fruit (raisins, apricots, mango): a small handful
- lunch-box size container of unsweetened applesauce
- cup of lettuce: four leaves
- chicken stir-fry with 1 cup of mixed broccoli, carrots, and mushrooms (= 2 vegetable servings)
- 1/2 cup cooked or canned legumes (beans and peas)
- 5-6 baby carrots

For more information on eating healthy from the American Cancer Society, visit www.cancer.org.

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Cardio, Tone and Tighten coming soon to CHR Building

Beginning in July, Tuesday and Thursday evenings will be pumped up at the CHFS Café. Cathy Montgomery, a certified Pilates instructor, will be leading a specially designed class in the CHR Building.



Montgomery calls the class “Cardio, Tone and Tighten.” She designed the workout to be low-impact for beginners who wish to jump-start their activity level. The class is specifically designed for those who are taking their first steps into an exercise program.

The workout involves enough exercise to sweat, tone muscles and lose weight, but is not intended to stress or strain the body. The routine will intensify at a gradual pace, making regular participation comfortable and allowing each participant to move on to a higher impact, higher aerobic workout in the future.

The class will meet every Tuesday and Thursday from 4:45-5:30 p.m. starting in July. Participants will need to bring an exercise mat or a soft towel or blanket to class.

The cost will be \$25 per month and participants can save money by buying in “bulk” by signing up in advance for three months at a discount rate of \$20 per month.

A physician's approval is recommended but is not mandatory. Participants will be required to sign a release prior to starting the class.

An information session will be held later this month to discuss class specifics.

Deputy Secretary Delanor Manson, the Health and Wellness Committee, CHFS Café manager Mike Vaughn, Michael Cornwall from Medicaid Services and instructor Cathy Montgomery have worked diligently to make this opportunity possible for CHFS.

To register for the class, contact Cathy Montgomery via e-mail at CMontgomery@fewpb.com. Other questions may be directed to Michael Cornwall at michael.cornwall@ky.gov.

Montgomery also teaches yoga, kickboxing and step aerobics. In addition to leading a class for our employees, she offers a higher impact workout (a combination of Pilates and kickboxing) on Mondays and Wednesdays at the Thornhill Learning Center in Frankfort.